



ELITE PERFORMANCE SERIES

Strength & Power Training



Upright Rows

Purpose:

- **Fundamental upper-body exercise for strengthening the shoulders**

Start/Finish Position:

- Start with an athletic stance
- Overhand grip slightly wider than shoulder width
- Bar is positioned by mid thighs with hands resting slightly on thighs

YES **NO**

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |



Phase I:

- Raise the elbows high as the bar is pulled upward
- The bar travels close to body until it reaches the chin

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |



Phase II:

- Lower the bar slowly with control
- Maintain neutral back position
- Complete the movement with arms hanging and fully extended

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |



Variations:

- Upright cable rows